

MAY RUNNER

*“Hail bounteous May that doth inspire
Mirth and youth and warm desire...”*

~ John Milton



Dog of the Month – Chihuahua

The chihuahua is a breed of dog native to Mexico that traces its lineage back thousands of years to pre-Columbian times. These adorable pups are named after the Mexican state of the same name. Chihuahuas are small, peppy dogs known for their vibrant personalities. In fact, they are one of the smallest breeds. They have large, expressive eyes and sweet faces. One of their defining features is an apple-shaped head. Chihuahuas come in a variety of colors, including tan, white, black, fawn, chocolate, red, and cream. Some even have coats in blue or lilac!



These charming dogs make popular pets, beloved for their unique spunk and playful nature. Affectionately known as purse dogs at under 10 inches long and just four to six pounds, they can actually be carried around in a handbag. They tend to live between 12 and 15 years, but have been known to survive up to 20 years.

Special Days

May Day
May 1

Cinco de Mayo
May 5

Mother’s Day
May 8

Armed Forces Day
May 21

Victoria Day (Canada)
May 23

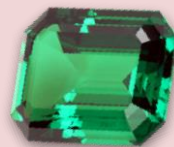
Memorial Day (U.S.)
May 30

Flower – Lily of the Valley



The flower for the month of May is the lily of the valley. It is prized for its sweet fragrance. It’s a common folk belief that the scent of this inedible flower in the spring air is the signal for nightingales to begin their seasonal singing and choosing of a mate. Legend has it that King Charles IX of France was given this flower on May 1, 1561. He reportedly then gave the gift of lilies of the valley to all the ladies of his court each year on May 1.

Birthstone – Emerald



The stunning green emerald is the birthstone for May. It is also the anniversary gemstone for the 20th year of marriage. This beautiful gemstone is primarily mined in the Middle East and South America. The ancient Romans associated emeralds with fertility and rebirth. They dedicated the stone to Venus, the goddess of love and beauty. In the Middle Ages, it was believed that emeralds held the power to foretell the future and cure epilepsy and fever. Today, it is often thought to symbolize wisdom, growth, patience, and spring.

May Sports History Firsts

Many exciting firsts in sports history have happened in May. Here are just a few.

1742: First indoor swimming pool opened in London

1873: First Preakness Stakes thoroughbred horse race held

1875: First Kentucky Derby held

1876: First no-hitter pitched in the National League

1877: First Westminster Kennel Club Dog Show held

1887: Racetrack betting legalized in New York

1891: First French Open tennis tournament played

1904: First “perfect” baseball game pitched

1914: The Grand League of American Horseshoe Players began.

1915: Babe Ruth hit his first home run.

1939: First televised baseball game broadcast

1956: First Black woman (Althea Gibson) won a major tennis tournament

1963: First American climbed Mount Everest

1973: First four-year athletic scholarship awarded to a woman

May Brain Teaser

Question:

What day in May has the most children?

Answer:

Mother’s Day



May Zodiacs

Taurus (the Bull)
May 1–20

Gemini (the Twins)
May 21–31

May is the fifth month of the year and one of seven months with 31 days. It is believed to get its name from the Roman goddess of spring, fertility, abundance, and growth, Maia Majesta. In Greek mythology, Maia was the eldest and most beautiful of Atlas’ seven daughters. She adopted Zeus’ son Callisto, who was posthumously sent to the sky to become Ursa Major. This constellation includes the Big Dipper, which shines brightly in the sky on clear May nights.

May Folklore

Once upon a time, brides took pains to avoid having their wedding in May, as it was considered bad luck to marry during the month. “Marry in May, you’ll rue the day,” warned an anonymous poet, who advised waiting until June.

What’s Lucky in May?

Lucky Number: 5

Lucky Color: Orange

Lucky Animal: Puma

Lucky Letters: *A* and *E*

Lucky Day: Thursday

Lucky Plant: Rhododendron



May Birthdays

Judy Collins (singer) – May 1, 1939

Christine Baranski (actress) – May 2, 1952

Dodie Smith (writer) – May 3, 1896

Willie Mays (baseball player) – May 6, 1931

Eva Perón (first lady of Argentina) – May 7, 1919

Fred Astaire (entertainer) – May 10, 1899

Salvador Dalí (painter) – May 11, 1904

Cate Blanchett (actress) – May 14, 1969

L. Frank Baum (author) – May 15, 1856

Henri Rousseau (artist) – May 21, 1844

Arthur Conan Doyle (writer) – May 22, 1859

Patti LaBelle (singer) – May 24, 1944

John F. Kennedy (president) – May 29, 1917

More new resident stories to share:

Carolyn Bispels A141

Carolyn moved to Paul's Run in March 2022 and has kept herself busy ever since. Carolyn is happy to be here at Paul's Run along with her sister Lorraine, who is also a new resident in Independent Living. Carolyn admits she is still settling in but does look forward to upcoming trips and events offered here at Paul's Run. Carolyn is a previous hair dresser who worked locally at "Salon 2" on Bustleton Avenue. Carolyn shared her two favorite hobbies; paper mache sculpting and calligraphy.

Rose Blumenthal A127

Rose came to Paul's Run in March 2022 as a respite stay. Rose is enjoying her time here at Paul's Run, particularly the Mahjong and entertainment events. Rose originally lived in South Philadelphia, raised her family in Levittown and moved to Northeast Philadelphia in various dwellings. Rose has a family business, "Jack B Fabrics" which her family continues to operate. Rose has chosen to stay as a permanent resident at Paul's Run! Rose is a real people-person and looks forward to utilizing the library more often. Rose is enjoying the main dining room, especially sharing the meal with fellow residents and friends.

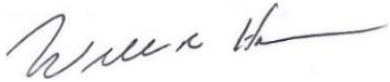
Nancy Cassidy A304

Nancy recently moved to Paul's Run in March of 2022. Nancy is from the Northeast and raised 3 daughters. Nancy enjoys cooking and especially enjoys reading cookbooks and discovering new and exciting recipes as well as viewing various cooking programs on television. Nancy also enjoys sewing, but hasn't sewn much these past few years. Nancy recalls working near her home on Maxwell Street in Philadelphia, at the "Crown, Cork and Seal Company. Nancy tends to be a home-body but has enjoyed some of the music programs offered at Paul's Run and looks forward to other special events planned in the future.

Eleanor Snyder B106

Eleanor moved to Paul's Run in March 2022. Eleanor comes to us from Northeast Philadelphia, not far from Paul's Run. So far Eleanor is getting her feet wet, but enjoys the library very much and is considering involving herself in the Book Club that just recently formed at Paul's Run. Eleanor raised two children and is a former bookkeeper who worked in Center City, as well as her synagogue Temple Beth Ami. Eleanor looks forward to more involvement in Paul's Run activities in the coming months.

Happy May!



Bill Hines, Executive Director

Independent Living May Community



Thursday

- May 5 – Las Margaritas Lunch Trip
- May 12 – Peddler’s Village
- May 19 – Buckingham Winery
- May 26 – Willow Grove Mall

Friday

- May 6 – Bristol Waterfront
- May 13 – Kelly Drive Mansions Auto Tour
- May 20 – Bristol Amish Market
- May 27 – Taste Queen Chinese Restaurant

Please meet in A & B Lobbies at 12:15pm to join.
Bus will pick up in B lobby beginning at 12:30pm.

GENERAL STORE

Friendly Residents Needed

- To meet new people
- Greet and help customers

Volunteers needed to help the Friends of Paul’s Run operate the General Store.

Work when you want, no prior experience necessary.

For details, see Molly Bybee
or Elise Baranak



“When others see residents volunteering, it bolsters them. And it shows them what Paul’s Run is really about.” - Sr Carole



A hearty thank you to our resident volunteers. We appreciate them every day, but it was a joy to celebrate their tireless service with a Volunteer Appreciation Luncheon.





Check out the many different volunteer opportunities at Paul's Run!

Community Service Club

Spend one morning a month working on community service projects to better the Philadelphia community

Garden Club

Use your gardening skills/knowledge to beautify and grow produce to share with the Paul's Run community

General Store

Assist customers in the General Store. Volunteer hours are flexible to suit your schedule

Faith-Based Service

Assist with religious services

Floor Representatives

Responsible for helping new residents become acclimated to Paul's Run and represent neighbors at monthly Resident Council meetings

Friends of Paul's Run

Serve on a charitable organization that directly contributes to community life at Paul's Run. Friends of Paul's Run donates funds to the library, helped with the new Friendship Garden, and purchased a new van and bus.

Library Committee

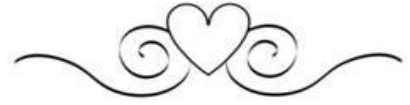
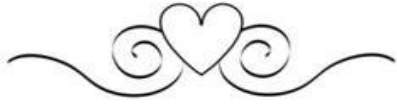
Maintain the Paul's Run community library

Resident Council

Represent your fellow community members at monthly Resident Council meetings

Resident Ambassadors

Work with Marketing to support and help integrate new resident into the community



In Memory Of:

Carmela Bagelle
By Mr. Danny Bagelle

Sophie Pollack
By Mr. Noah Barsky

In Honor Of:

Theodore Solomon
By Mr. Jeffrey Fireman

Rose Sitvarin
By Mr. & Mrs. Bernie Schwartz

Nina Orr
By Mr. & Mrs. Rickey Slocum



“In the merry, merry, month of May...” we are waltzing into the month with one small change to our music and wellness offerings. The Monday Music & Wellness programs will move to Sundays at 2:30 PM, when Life-Long-Learning Lectures and music entertainment are not already scheduled. During the month of May we are introducing the “Steady Tempo Circle.”

Almost everything we do in life has some kind of steady tempo, a pulse, an organized flow; the beating of your heart, breathing, walking, talking, there’s an organized pace for all of it, making tempo and rhythm an intrinsic part of our everyday lives. We’ll discuss our connection to, and the purpose of these musical concepts, particularly how they influence our day-to-day. Discussion is just a small portion of the “Steady Tempo Circle.” We will spend the majority of the hour engaged in music and movement exercises that encourage a team effort as well as individual and communal creative expression. “The Steady Tempo Circle” is meant to be a safe and inclusive space where participants can offer suggestions and explore different modalities for self-expression.

If you are curious about exploring the variety of ways music can inspire creativity, innovation, and meaning in your life, you are so-very-welcomed to try this program!

Below are the dates, times, and location for May’s Music & Wellness Programs:

2:30 PM Sunday May, 1st, Music & Wellness Program:

“The Steady Tempo Circle” located in the Auditorium

2:00 PM Mother’s Day! Sunday May 8th

Mother’s Day Music Bingo, located in the Auditorium

2:30 PM Sunday May 15th, Music & Wellness Program:

“The Steady Tempo Circle” located in the Auditorium

2:30 PM Sunday May 22nd, Music & Wellness Program:

Music & Art Meditation, located in the Auditorium

2:30 PM Sunday May 29th, Music & Wellness Program:

“Rhythm Fitness,” located in the Auditorium

Sincerely,

Ryann Lynch, Music Therapist

If you are Diabetic **By Arnie Escourt**

He didn't eat right and was doing the wrong thing
He used lots of excuses instead of exercise
And then one evening his Doctor gave him a ring.

He was feeling fine and he wondered why
He called.

"Don't get upset, but you have Diabetes
Your blood sugar level is much too high!"

He was a senior when he was told this news
And it was sort of a shock to him and his wife
But they have dealt with it without getting the blues.

At first, they gave him a lot of colorful pills.
Some for the kidneys and some for the pancreas,
Some for his heart and now you should see his pharmacy bills.

His sugar levels were way too high
So, he added taking insulin injections because
The doctor had warned him; He could really die.

The advice was, "Watch your weight and what you eat
Cut down the carbs you eat and the sweets
No pies, no cakes, and avoid those treats!"

He now uses his blood sugar meter a few times a day
It doesn't know how to cheat or lie!
He let the readings and wise decisions lead the way!

There is so much he still needs to do and see.
He don't have much choice; He needs to change.
You have to be wise and carefully choose your priorities.

Perseverance is the Key

By: Arnie Escourt

When you are worn out, very tired or in a daze

Think of all your good qualities and where you deserve praise

When you are sick, not feeling well, tired and worn

Focus on yourself, get good advice, don't get forlorn

When caring for tots, make sure to stay very alert

You have to do your best to prevent any from getting hurt

When your luck is bad and you are feeling down and out

You need to try to stay strong, patient, sturdy and stout

In life when you fall down, you have to get back up.

When you are picking flowers try to find a buttercup.

When you teach a lesson, you really need to know your subject

When buying an expensive item, make sure there are no defects

In matters of love and romance

Can't help you, it is a matter of good luck and chance

Perseverance can unlock your problems of failure or excess

Keep trying and believe you can overcome matters of duress

Do you Remember Your First Little TV Set?

By Arnie Escourt

Way back when they developed television or TV
It was the beginning of home entertainment for you and me
They had boxing and wrestling that got us excited
And comedians that told great jokes that we recited

We had to get out of our comfortable seats to change the station
Usually, we had only three choices to get the right location
So many of our favorites on TV came from vaudeville or radio
They had the experience of how to put on an enjoyable show

They did soap operas, musicals and comedy
And those doctor or hospital shows that advertised remedies
They gave us the weather and local news
And those military shows where they had seconds to light the fuse

We remember the beautiful women who sang or made us laugh
They took us away from our radios and phonographs
Did you enjoy those quiz programs that forced us to think?
And those awful shows that were cancelled because they did stink

I enjoyed those mysteries that made us decide who done it
The family programs (Little House etc.), the husband-and-wife skits,
We went from three channels to over 300 or more
Watching many sports teams and getting their scores.

Can you remember "The Show of Shows" and Milton Berle
Or those musical extravaganzas with beautiful girls
It is amazing how television has grown over 90 years
It has certainly become a major influence on our lives and cares!

Life is like a forest path

By Arnie Escourt

Days of our lives are a like a forest path with allure Lush trees, flowers in colorful array, on the forest floor. Twittering birds and fragrant scents bring joy to our soul.

Inspired, we take an unfamiliar path to our goal.

Life's passage beckons, inviting us through its narrow gap.

Secure and comfortable, like a mother to her lap.

We feel safe as we go around rocks and ruts.

We hear forest sounds, and watch squirrels hide their nuts.

Thorns begin to pull at our sleeves, we can't run or race. We now explore the path of life at a more careful pace. Tree limbs and briars yank at us, not friendly as before. Chattering birds now seem to resent us by their door.

Which turn, which fork? Our way becomes complex.

New sights, new sounds, unfamiliarity begins to perplex. The sun has begun to fade; evening air has gained a chill. The sudden rain has made a muck that taxes all our skill.

The beckoning path has ended, disappeared. Lost and uncertain, we become a little scared.

Schooling and good advice never seemed quite enough.

Using all our skills and confidence each decision was rough.

On the wilderness path of life there are no ultimate solutions. We do our best, we compromise, we often make resolutions. We climb the highest mountains trying not to trip over a stone, As long as we believe in God, we never are all alone!

Valuable Sayings

By Sr. Dorothy Dowd

Thank you to all who have contributed helpful sayings from your lives. Those who did not volunteer, I can understand, for often words can be quite personal.

Fortunately, Oscar remembered from when he was five years old. “My mother used to say: ‘Every person is an individual, and should be treated as such.’” He heard this sentence often.

Sr. LaSalette was told by her Mother: “Do not do a half-baked job.” Also meaningful for her is “Things you worry about often do not happen.”

When I was in grade school and complaining to my Mother, she gave me her words of wisdom: “You have to make people like you.” That statement did not “sit well” with me when I heard it. It became valuable along the years, in many future situations.

Henry was told, at a young age, “If you want to be successful, be quiet.”

Sr. Genevieve remembers: “My Mom used to say: ‘If you don’t want people to know, don’t do it.’” Quite a challenge, huh!

Ed has another worthwhile saying: “What can’t be cured, must be endured.”

Tyrese Maxey, famous basketball player, says: “No day off.” He practices every day.

Valuable Saying by Sr. Dorothy Dowd continued

And now for some spiritual gems:

My “twin” Dot says, “The Golden Rule” – meaning, as we know, “Do unto others as you would have them do unto you.”

Sr. Agnes is inspired by this statement: “For those who love God, all the world is a prayer mat.” Those words can really make you stop and think.

And a friend, Mary Ford, lives by this saying: “No matter what happens, God will pull you and the ship out of the water and you will not sink.”

There are two apologies in order.

First, if I did not get to everyone for an answer, anyone I missed, I do regret that.

Secondly, I hope that your words were accurate. I am sorry if they were not.

And so, as I have a shoulder problem, this is my final writing.

As Marie Beadley would say, “I wish you a fond fondue.” It meant to me that she wished happiness as she departed

Ed Scully
May 2022

It seems that nearly every day there is an incident in our fair city in which a cat is, in a minimal few words, mistreated. To one's amazement there are approximately 23 organizations in Philadelphia and environs dedicated to the livelihood and treatment of cats and at least eight of them that are primarily focused on saving their lives. For example, an unfortunate feline is presently undergoing around the clock attention to save his live from being placed in a trash bag and on the sidewalk to be picked up for probable crushing alive in the trash truck.

Another story is this one that I am pleased to pass on to you is about my 99 year old friend Lois who has a cat. It is possibly as old as Lois. It weighs 22 pounds and has its own toilet (yes) and own bedroom. What a different story and one that some of you residents can very easily replicate by a visit to any one of the cat organizations-- of which at least eight are expert in cat adoptions. For your added information, cats may be gladly permitted in your residences here at Paul's Run.

If you have any concerns that a cat may have an undesirable sanitary effect on your apartment, I bring to your attention to a book about training it to use a toilet in 21 days. My grandmother used it to train three cats and would use the book again for a fourth cat. I wonder if it could be used to train a dog. I'm going to look into it.

There has been much too much in the local press and on television about the City of Philadelphia and its undeserved naming it as the poorest large city in our nation. Entirely too much is being overlooked that makes that assertion not too credible. To help undo this assertion, the following description of an eight pound publication that is presented in our Paul's Run library is brought to your attention;
INSIDE PHILADELPHIA/ Community through Voluntary Organizations (Not to be removed from the library).

It is a 1363 page masterpiece from the Atwater Kent Museum published in 1995 with an added Editor's Introduction of 38 (xxxviii) pages. Its preface, contained in the Introduction, reveals as a starting and informative tract, the following:

Ed Scully May 2022 continued

"how the people of Philadelphia have helped society and one another since the city's beginnings. As the tract suggests, they have formed voluntary organizations in virtually every aspect of their lives and the life of the city. They have come together to develop their personal capabilities, to improve conditions, to serve their fellow human beings, to enrich our quality of life, and to enjoy one another's company."

Bear in mind the above preface was published 27 years ago and during that time organizations themselves were greatly enhanced and increased themselves substantially so that which would be published today would be considerably much more. The 13 page Introduction is something that you RUNNER readers should stop by the library to gain some additional insight into the organizations that existed back in 1995 , many of which still exist and are supplemented by thousands more. Much more definitively, it then took 82 pages just to list the names and subjects of the many organizations and institutions in our city. You are now given on the next page an early presentation of Paul's Run then in 1995. You may compare it with it as it now exists in 2022. This is presented because no valuation can be placed on these very many entities in our city that cannot be called "poor". As a non-profit organization, Paul's Run is a tremendously valuable entity on which it is probably near impossible to cite a 2022 value-- as many other listed and non listed are also difficult to value. Philadelphia is not really poor. Read on!

Paul's Run as described in 1995:

It is a retirement community in Northeast Philadelphia consisting of 320 apartments and a health care facility. It was organized in 1981 and became a subsidiary of Lutheran Home in Germantown in 1992. It is located at 9896 Bustleton Avenue.

Ed Scully May 2022 continued

Residents who rest in the first floor main lobby are sometimes amazed at the speed with which most all Paul's Run management and staff travel along the corridor from the front desk to the intersection where the library is located. It would be interesting to determine who indeed is the fastest. To find out, they would be required to travel the entire distance while being timed by a neutral monitor. The prize will be a rousing applause by the residents while the measured winner will run a duplicating demonstration of how he/she did it.

(A visit to the library by every contestant is suggested as a possible way to show off to the residents how to enter the library and to look it over and observe that the library is equivalent or even better than many local school libraries. Note that it is open every day from 9:00 A.M. To 5:00 P.M.

My first and only trip to an Aldi Market across from the Neshaminy Mall was an experience - in fact, it was full of surprises because the store was laid out beautifully and well stocked with just about anything that one would want to purchase at reasonable prices. However, this store charges 13 cents if a customer fails to bring a bag(s) in which to load his/her purchases. I was amazed at the great number of customers who rather than purchase a bag, would carry their purchase in open arms to their automobiles. Many spent quite a bit but were reluctant to buy a 13 cent bag. Isn't that something to write home about?

Another awakening at the Aldi was an unavoidable sighting of a young woman bending very extensively to put her items to be purchased on the cashier's counter and her massive eagle tattoo on most of her back and a little lower part. It was as visible as the flowers in May and because of my business background I began to wonder: How much did the tattoo cost?

Ed Scully May 2022 continued

First of all, I uncovered that one could be very easily be the proud owner of a tattoo in a matter of hours, but don't you dare (male or female) let the process of acquiring one make you think too much about getting one. For your information, a tattoo is a very permanent mark or design made on your skin with pigments inserted through pricks into the skin's top layer.

Typically, the tattoo artist uses a hand-held machine, with one or more needles piercing the skin repeatedly. With every puncture, the needles insert tiny droplets.

This process, done without anesthetics, causes a small amount of bleeding and a slight to potentially significant pain.

You residents who may be thinking of getting a tattoo should be aware that the breaching of the skin can be the cause of a skin infection or other complications. Pigments used, especially the green, red, yellow and blue dyes, can cause allergic skin reactions, such as an itchy rash at the site of the tattoo. Note that a rash can occur even after many years later. Be careful!

The cost may be a prohibitive factor for you. Cost for a small tattoo may range from \$50 to \$250 but \$150 to \$450 may be what a mid-size eagle may need from you. If you think prices are high, a sleeve may cost you \$5,000.

Ed Scully May 2022 continued

On a weekend morning I did not have anything of any importance to help waste away my time so I decided to examine what are called news broadcasts on television . The following is a non-professional analysis of two- a one hour national presentation and a one thirty minute show locally.

In the hour show there were 51 commercials and about 31 minutes of news. For viewers who may stagger on, there were 4 weather presentations. For the sickly or near-so, there were 10 commercials of a medical nature. To my surprise, despite all the campaigns there were only 3 political ads. For the network itself, there were only 3 self-serving commercials. (Surprise)

Because of only a half hour show, happily there were only 24 commercials.

In the shorter broadcast, miraculously there were 14 minutes of news. In really a 31 minute local broadcast, there were 5 (Yes 5) bits of weather. In only a shorter news show, there were only 5 commercials re medicine. To viewers' relief there were only 3 self-serving commercials (station ads).

In mid-April of this year the 75th anniversary of Jackie Robinson becoming a player for the Brooklyn Dodgers of the National Baseball League was celebrated. All the players in both the National and American Leagues wore a number patch of 42 on their shoulders in his honor. During his early days as the first Negro (now described as Black) his days were not so very happy because of the discrimination against him such as by Dixie Walker and Frank Thomas with whom Jackie had a locker room fight. Thomas was tossed out of baseball but they later became friends.

To our disgrace, Ben Chapman, then manager of the Phillies used his dugout from which to call out to Robinson the most vicious of insults and discriminatory remarks -- without any censure from League executives. Of course many fans also followed his lead and not only hurled insults but some debris that could be injurious to him.

Ed Scully May 2022 continued

Branch Rickey a general manager with the Saint Louis Cardinals was a first executive to advocate the signing of Blacks. He was the subject of a play that was shown by Dean Kogan, the owner of the Society Hill Playhouse that attracted considerable attention because of his efforts to introduce Blacks to Major League baseball, For the edification of you readers, it is presented to you that his real motivation was to make more money . He recognized that many black players were as good as many whites and eventually it would be acknowledged by others. In the City of Philadelphia there was a Negro League team in Philadelphia that played ball on a baseball field at 44th and Parkside Avenue in West Philadelphia. Probably some of players in that league also ascended to big time baseball.

While Jackie Robinson was contending with the on-going abuse in his early days, he was also a gentleman who once stated : "A life is not important except in the impact that it has on other lives".

While we are on this subject, attention is invited to our Phillies star known as Richie Allen when playing here and later as Dick Allen with the Chicago White Sox. Twice he came within one vote of being voted into the Baseball Hall of Fame. In the next voting it is highly probably that his time has come. He is certainly a star but he is also mentioned because Allen was subjected to the same type of abuse that Robinson endured. How about his wearing a batting helmet in the field because bottles (then allowed in the stadium) were tossed very impolitely his way!

Richie Allen is a baseball player who took up residence in the City of Philadelphia - in the Chestnut Hill section. We at Paul's Run also have another celebrity who was Allen's nearby neighbor in Chestnut Hill, none other than one of our newest residents : ABBY

Ed Scully May 2022 continued

How fortunate are we who are living here at Paul's Run at a time a number of retirees are falling into homelessness. The reasons are many, some because of destitution and desperation caused by growing older and then losing a home because of a job loss, divorce, family death, or a health crisis. A 2019 study of aging homeless people our local University of Pennsylvania used 30 years of census data to project that the U.S. population of people 65 years old and older experiencing homelessness will nearly triple from 40,000 to 100,000 by 2030 resulting in a health crisis as their age related medical problems multiply. Many are now seeing them, as others are now retiring later, that retirement is no longer the golden dream.

Certainly we should look out to try to avoid the above listed causes of homelessness but also we must do all that is possible to avoid being a victim of COVID. As being already announced to you, once again keep on doing the following: Wear your mask when inside and especially when you are in a group setting; wash your hands frequently for at least 20 seconds each time; as recommended be sure to receive all the shots that help you to avoid any contamination; when you observe someone who should be wearing a mask, tell him/her; also if one is not wearing a required mask properly, do your thing. OK?

The following happenings are presented :

Katherine Hepburn danced around the May Pole at Bryn Mawr College.
May in the Northern Hemisphere is similar to November in the Southern one.
May was once considered a bad luck month in which to marry.
There is a prevailing poem: Marry in May and you will rue the day.
May was called the month of three milkings when cows were milked 3 times.
The Indianapolis 500 is held yearly always in May--in Indianapolis.
The world famous Kentucky Derby is held yearly in the month of May.
Evelyn and Ed married May 8,1954, In 120 years they had Susan and Mark.
The month of May is devoted to the Virgin Mary in the Catholic Church.
The United Kingdom celebrates May as the National Smile Month.
The last week of May is Library and Info Week.(There is a great library here)
Every first Sunday in May thousands run the ten mile Broad Street Run.
The month of May is always followed by the thirty-day month of June.

What a day

By Jack-Birnbaum

I woke this morning in a state, as often I do, of bliss, with an urge of wanting to sing
It seems to reflect my joy of reaching this age and then a sharing of my very being
Surrounded by many a fellow, sharing of themselves, their values. and their souls
Who with their words, smiles, likes, at times frowns, also made known their goals

They, fellow residents and staff, have become a family, a part of my community
We may not always be agreed it would be a tough family if it favored two or three
Our bond and regard, and the respect of rights are the riches in this family of life

Each day is not of same, but I each is welcomed, .an extension of our earthly stay
Some days bring reminders of age, as pain or memory lapse, are not moving away
The rewards of love my way and fraternity far exceed costs of age as it comes into
play

If I knew it not, I remember resident, Bob Cohen, a dining tablemate, on each day

Bob was a resident that rarely had a painless day and yet committed to community
He had many friends, took responsibility to make Paul's Run a better place to be
He reached out in friendship to new residents and stood up for those requiring aid
Bob felt pain but. refused to allow those needed community services to be allayed
The feelings of doing the right thing were to Bob, ample reward, to absorb the pain
And for those of us aged, a sip of the milk of human kindness is in fact, the game

And so, each day, blissful or not, I seek the rewards of being as one in community
Exchanging experiences, warm reminisces of history, merging cultural continuity
Preserving varied traditions of ethnic, racial or religious, finding common ground
An American lesson of we the people, one from many to a hyphenated American
A melting pot lesson, a blending of differences into equality for the whole

About Omissions

By Jack Birnbaum

According to William Shakespeare all is right with the world but, allow me to disagree, even if to a small degree, with Mr. Shakespeare's cheerful conclusions.

The black plague is gone away but Covid -19 has announced itself with its siblings not just for now, but it and its kin have made plans for an extra-long stay

They have brought in an extensive array of protective masks as well as a panoply of head protectors, and a variety of vaccinations to both cover and spray.

Oversight should be continued on such tools as salves, pills and sprays to extend protection and to anticipate other types of afflictions that may yet come into play.

And there is the infrastructure which must be rebuilt for better support after neglect or wear of those functions that were used every day; or that were newer, and weren't equipped with the capacity for full operation; or were capable beyond expectations with unexpected versatility and should be replaced

Last but not least the support of new infrastructure which improves production and/or develops new projects that increase their span with new abilities

Warmed by Wood

By Sr. M. Franceline Malone

A number of years ago, I was assigned as an SBS to the Desert House of Prayer community. The property is surrounded by several hills and by the Navajo Reservation. Winters in northern Arizona are bitterly cold. I remember trudging through 30 inch snows and driving up and down slippery hills. From teaching at St. Michael School, over the hill and across the road from the Desert House, I knew several people who, unable to control their cars as they careened down steep, icy hills, had landed in the hospital -- some for months.

Our hogan-shaped chapel is a short walk east of two large buildings where we slept, worked and in the one with the kitchen, we cooked and ate our meals. In our homey front room, where we met with guests or just got together, was a wood-burning stove that kept the house cozy and warm. Pieces of wood lay stacked and ready just inside the front door. The chapel was also heated by wood.

Higher up on the hill is a third smaller building - our guest house for retreatants. It had its own small wood-burning stove and a smaller stack of wood just inside the door.

Attached to the main building was a shed, where wood was stored and kept dry. Periodically some of our Navajo neighbors headed for stands of juniper to cut wood for their own homes and to bring some to sell or to donate to us.

Lest you think our SBS Desert community lived primitively, we had electricity. Our kitchen stove's electric oven accepted dough from Sr. Genevieve's hands and turned it into the most delicious bread! Dirty clothes went into the washing machine. On nice days (of which there were many), we hung them out on lines behind the retreat house and let the sun be the dryer. Once the summer sun thought my maroon knit top would look better on me if it were orange!

When we headed to the chapel for prayer as the weather turned colder in October, the first one there would light the stove with crumpled newspaper and pieces of wood. While we sat on a bench or on pillows to pray, the fire spread a comfortable warmth through the small room. Whether in the house or the chapel, I enjoyed the heat and the crackling of a wood fire. It was like being wrapped in a toasty shawl.

Warmed by Wood By Sr. Franceline Malone continued

Having only recently learned about the detrimental effects of heating with wood, especially wet wood, on the environment and people's health, I can't recall our having health problems other than occasional colds. Of course, being ignorant of the threat, I would not have recognized if any problems were related to our burning wood.

England and Canada in 2017 launched an international effort to phase out coal by 2030. Twenty countries and two U.S. states - Washington and Oregon, have signed on. By 2020 England began phasing out the sales and use of coal and wood for burning, especially the use of wet wood, in household stoves, which can cause particle pollution. Particles can enter the bloodstream and result in heart trouble. The British two year effort allowed time for choosing cleaner alternatives like dry wood and manufactured solid fuels.

Energy consumption in the USA peaked in the late 1970s and the per capita consumption was relatively flat from the late 80s through 2000 and has generally decreased since then! WOW! Imagine some positive news about our environment! Our average home uses 916 kWh a month. I think you can figure out which of our states uses the least energy. You guessed it! Hawaii!

What enabled us, the USA, in 2020 to consume 92.94 quadrillion BTUs of energy? Scientists rated the primary sources= geothermal 11%, solar 26%, wind 4%, biomass waste 17%, biofuels 18%, **wood 22%**, hydroelectric biomass 39%, renewable energy 12%, natural gas 34%, petroleum 35%. Since this adds up to 218, obviously some sources are contained in others. Not being a scientist, I'll let you figure it out. Thank the U.S. Energy Information Administration for the data.

Much of the Navajo Reservation is on desert land. Many families still live far apart in hogans although modern homes and trailers are replacing them. A stove or fire in the center of the Hogan allows smoke to rise through an opening in the roof. Although the NTUA (Navajo Tribal Utility Authority) is electrifying 500 homes with CARE funds, 30% are without electricity. There are coal mines in the reservation area; wood is also commonly used to heat the home.

Warmed by Wood by Sr. Franceline Malone continued

Hospitals are miles away from many of these distant homes. During the last pandemic, many Navajos contracting Covid 19 fought the disease in the dark and cold. Smoke from coal and wood fires certainly augmented their suffering. There were more cases on the Navajo Reservation than in any other tribe in the USA. Many people died of the disease. While people with electricity can order rations and medicines online, those without cannot. Some families also haul water for over a mile.

The Biden Administration is committed to fulfilling Federal Treaty and trust responsibilities. Tribal communities are included in infrastructure plans. Hopefully tribal governments are being given the power to act as they know their own people and land and what needs to be done.

“A sense of deep communion with the rest of nature cannot be real if our hearts lack tenderness for our fellow human beings.”

Laudato Si

FOOD SECURITY 2022

By Sr. Franceline Malone

By the end of March 2022, Earth's population scattered across our seven continents had reached 7.9 billion people of mixed races and sizes. By 2025 it will probably increase by another 2 billion. Over recent decades, changes in the way we eat - while impacting our environment - are also hastening global warming and straining Earth's resources. Food is a resource we cannot live without!

What do we mean by **World Food Security**? The UN Committee, the 1996 World Food Summit, came up with an excellent definition: "All peoples at all times, have physical, social and economic access to sufficient safe and nutritious access to food that meets their food preferences and dietary needs for an active and healthy life." In other words, Food Security is a basic human right.

Why is it then that hundreds of million people suffer from starvation, and about "25,000 die of hunger daily, more than from HIV/AIDS, malaria, tuberculosis combined, the majority living in developing countries"·

In 2012 the Economist Global Security Food Index ranked 113 countries. The yearly rank depends upon the amount of a country's fertile land, having sufficient income to produce enough food for its population, its ability to afford imports, the presence of the pandemic and other global health issues as well as of conflicts - like between Ukraine and Russia.

In 2019 Singapore had the top ranking followed by Ireland; then the U.S.A.! In 2021 Ireland, Austria and the United Kingdom shared top rankings of 84 and 81 points.

France and the U.S.A. ranked ninth with 79.1 pts.! Due to, among other things, low availability of food and low quality and safety standards, the worst rankings went to 6 countries in Africa sharing 34-37 points.

Food Security by Sr. Franceline Malone continued

Threats to Food Security

Despite its being a human right, there are multiple threats to universal food security. Here in the United States it seems we have loads of food of all kinds available. In every town, grocery stores and meat markets are just down the street and around the corner. Many families have one or two wage earners. Children, whose parents work, go to school with lunches in a bag or they buy something from the lunch room. Most families plan to be home together for supper. The dishes get done and the kids head for their laptops to do their homework.

However, even here in the USA there are many families that eke out a living especially in low income homes. When I was still teaching first and second grades together, many of the children who were from the neighborhood went home for lunch. Others either brought their lunch or ate a good meal in the lunchroom. After lunch, we met back in the classroom. Seeing one of my little second graders crying, I asked him what was the matter. "My sister ate the last piece of bread and I didn't have anything to eat!" We were able at that time to get the family on the free lunch program. This is a true story and although it happened years ago, there are still areas where families struggling with low wages, broken homes or perhaps physical ailments cannot put nourishing meals on the table each day.

Unemployment: Children whose parents are unemployed, have higher risks of not getting enough nourishing food to eat. - Yes, here in the United States! High unemployment among low income populations, especially when clustered in an area, threatens food security. Where racial or ethnic disparities exist, the choice of food as well as its cost plays a part in choosing a nourishing diet.

Food Security by Sr. Franceline Malone continued

Waste: A third of the global food supply is thrown away daily Wow! If we in the high income countries of the world reduce our waste by 50%, the hungry people in poor countries would be drastically reduced by 63 million. Wow! Can we try each day to respect the food (grown by farmers, transported across states, displayed in stores, cooked in Paul's Run kitchen and placed on our plates) by ordering what and how much we can eat and avoid throwing the rest into the garbage? (Mea culpa!)

Climate change is one of the biggest causes of food insecurity.

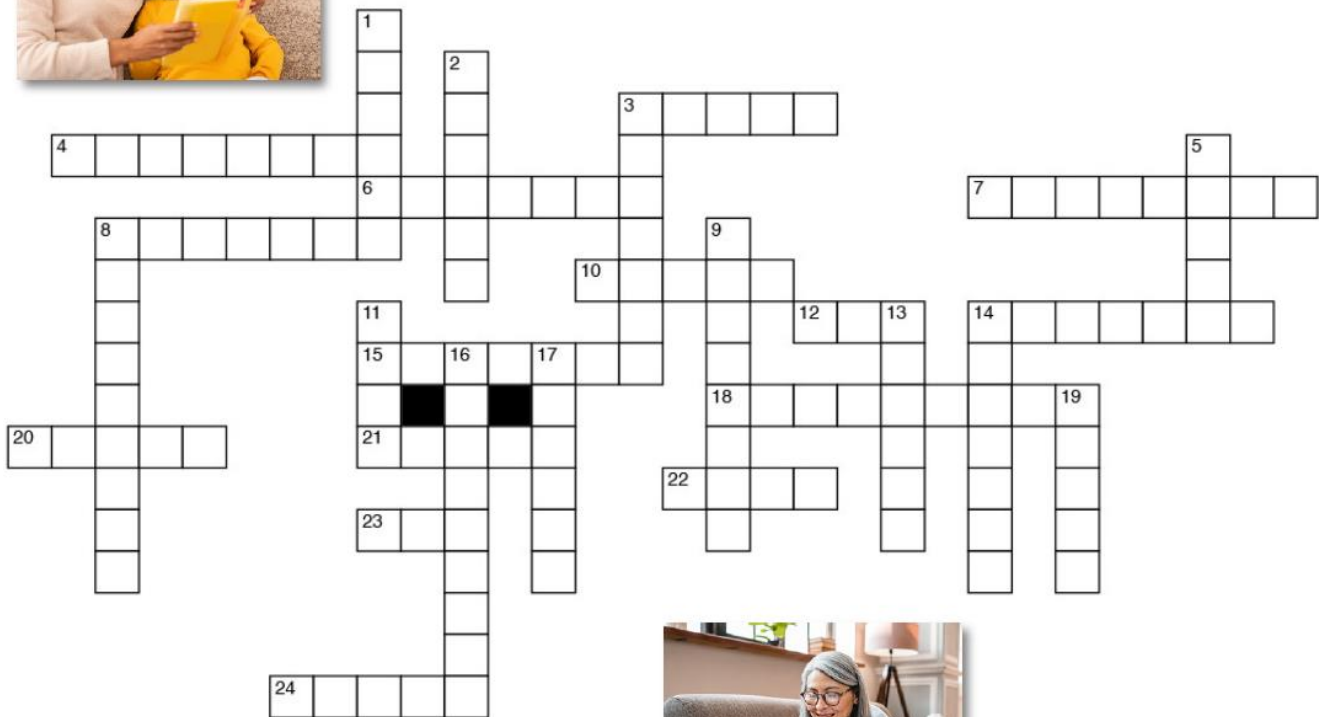
Biodiversity loss, pollution, weather disasters, reduced food production, overuse of land, fertilizers and pesticides destroying entire ecosystems, impact species population and affect soil fertility - all of which limit the amount of food we can grow.

Food Security: There are many parts of the world where people (and animals too) suffer from a lack of healthy food for parents to supply to their children. Let us be thankful for the nourishing food that we have available to us living in the United States and that we receive each day as residents of Paul's Run.



Get Caught Reading

Use the clues to fill in the crossword.



ACROSS

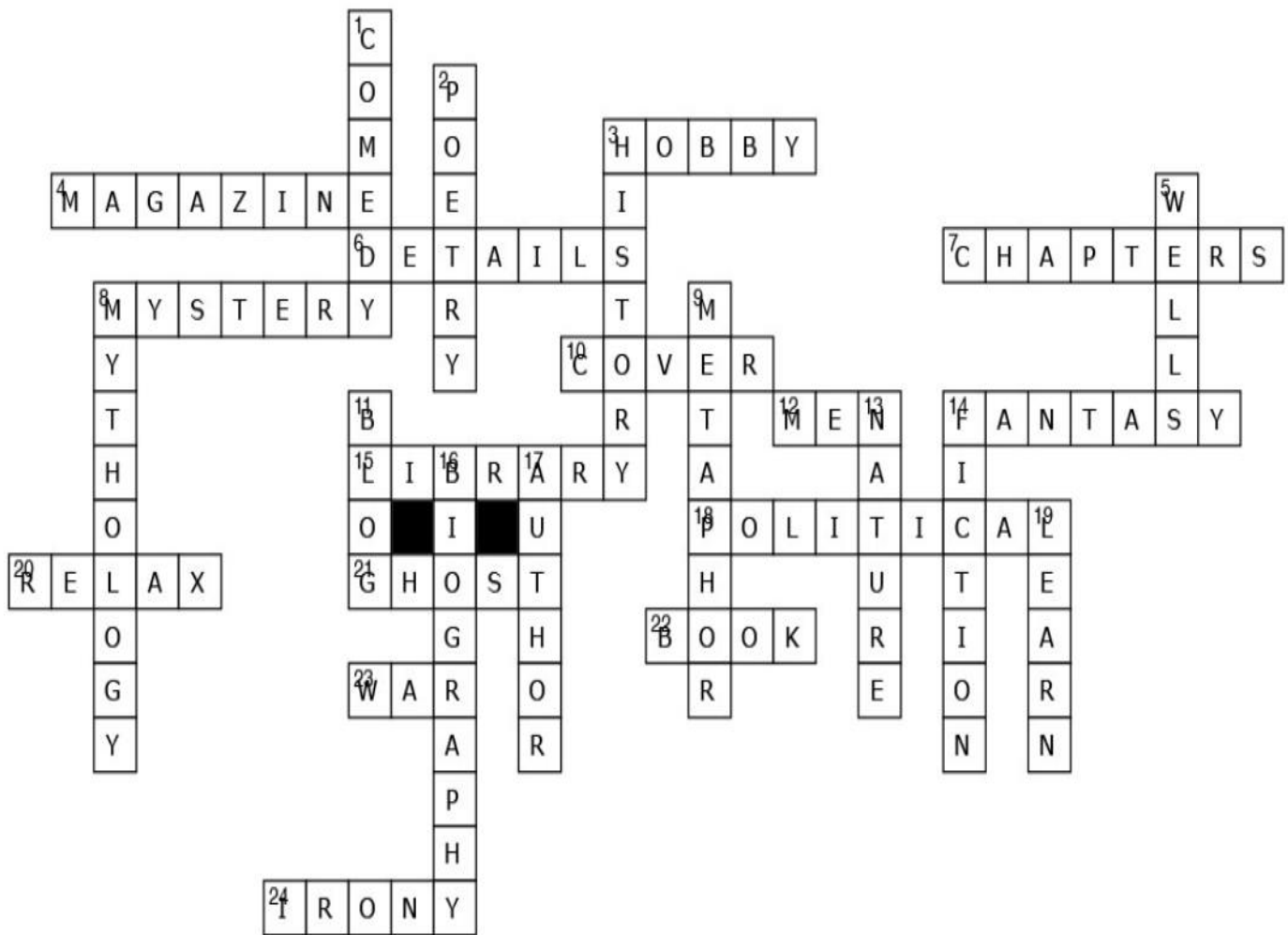
- 3. Woodworking or stamp collecting
- 4. Glossy publication
- 6. Specifics
- 7. Book divisions
- 8. Something to figure out
- 10. Outside of a book
- 12. Steinbeck book, *Of Mice and _____*
- 14. Genre for the Harry Potter books
- 15. Collection of books
- 18. Writings on government
- 20. Take it easy
- 21. Casper in the comic books
- 22. Something to read
- 23. _____ *and Peace*
- 24. Literary twist

DOWN

- 1. Humor
- 2. Frost's forte
- 3. School subject
- 5. *The Time Machine* author, H. G. _____
- 8. Greek gods' genre
- 9. Implied comparison
- 11. Online journal
- 13. The outdoors
- 14. Dickens' forte
- 16. Life history
- 17. Writer
- 19. Gain knowledge

Get Caught Reading

(solution)





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THE GENERAL STORE HOURS OF OPERATION

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**SATURDAY -SUNDAY
11AM-3:30PM**

FRIENDLY REMINDER

Our lobby is so beautiful. Please refrain from eating or drinking in that area.

Thank You.



THE HOUSEKEEPING DEPARTMENT IS ASKING FOR YOUR COOPERATION IN MAINTAINING A SANITARY ENVIRONMENT FOR ALL OF OUR RESIDENTS.

REMEMBER TO WASH YOUR HANDS FREQUENTLY WITH SOAP AND WATER OR WITH HAND SANITIZER WHEN AWAY FROM SOAP AND WATER.